



‘AWAKENING THE INNER COMPASS IN GEN ALPHA’ BSAI SEMINAR FOR STUDENTS AND STAFF

07 - 09 MAY 2026

HOSTED BY PINEGROVE SCHOOL, DHARAMPUR (HP)

A REPORT



SUMMARY:

The BSAI Seminar provided meaningful perspectives on navigating the BANI world through an elevated spiritual quotient. The enriching sessions highlighted emotional intelligence, purposeful living and the significance of attaining inner happiness, balance and holistic well-being amidst the complexities of the modern world.

PARTICIPANTS:

1. Delegates from eleven elite schools, including Birla Balika Vidyapeeth, Pilani; Birla Public School, Kishangarh; Birla Public School, Pilani; Rajmata Krishna Kumari Girls' Public School, Jodhpur; Roots Country School, Baghi; The Doon School, Dehradun; The Mann School, Delhi; Welham Boys' and Girls' School, Dehradun; Yadavindra Public School, Mohali and Patiala.
2. The Management, Heads, Staff and Students of Pinegrove School, Solan

DAY 1: The BSAI Seminar commenced at Pinegrove School, Dharampur, with a vibrant Opening Ceremony. Head Teacher, Sr. Sec. Mr. Sanjay Chauhan, warmly welcomed all the delegates, wishing them a comfortable stay and a delightfully enriching experience ahead. A soulful Indian musical performance added charm to the occasion.



Following this, the engaging ice-breaking session conducted by Arunodai Sharma encouraged participants to connect with one another. He sure did break the ice with his enthralling communication skills and ever welcoming smile!



Pinegrove School, Dharampur was honoured and privileged to welcome the Keynote Speakers.



DAY 2: The jaw-dropping Dance Drama ‘Mohini & Bhasmasura’ performed by the students of Pinegrove School, Dharampur, left the audience mesmerised with their artistic brilliance, cultural richness and captivating stage presence.



Post the introductory address, were the sessions by the keynote speakers.

INTRODUCTORY ADDRESS BY PRESIDENT OF THE BSAI:

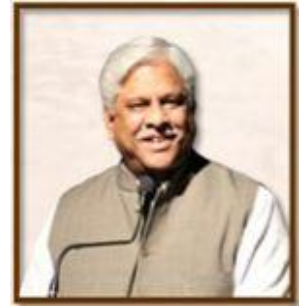
In his inspiring introduction, BSAI President, Capt. AJ Singh, encouraged the participants to embrace opportunities for meaningful learning and growth, adapt to change and strive to become compassionate and responsible human beings. Stressing the paramount importance of controlling the mind, he reflected on anxiety, depression, negativity and self-inflicted emotional struggles as forces that disrupt both personal well-being and the larger social ecosystem. Reminding the gathering that they had been thoughtfully chosen to be part of the seminar, he highlighted self-awareness, emotional intelligence, empathy and compassion as the true foundations of wisdom in today’s world. Spiritual quotient or wisdom being the sum total of IQ, PQ and EQ. Speaking profoundly on ego as one of the greatest obstacles to personal evolution, he urged participants to rise above self-centredness, awaken their inner selves and progress from being good to great and ultimately godly human beings, embracing happiness in every sphere of life.



Capt Aj Singh
President, BSAI
Member, HPBOSE
Executive Director,
Pinegrove School

SESSION 1: UNDERSTANDING THE BANI WORLD

Conducted by Lt. Gen S. Kulkarni, it offered a profound and thought-provoking exploration of the complex realities shaping the lives of Gen Alpha in the twenty-first century. Drawing insightful connections between the earlier VUCA framework and the present BANI global landscape — Brittle, Anxious, Nonlinear and Incomprehensible — the session examined the impact of rapid technological advancement, information overload, social fragmentation, mental health concerns and the growing influence of digital media on contemporary life. Emphasising resilience, empathy, mindfulness, flexibility, transparency and intuition as essential qualities for navigating an increasingly unpredictable world, the participants were encouraged to cultivate self-awareness and regulate distractions, including social media. Through Q&A and reflections on purpose, leadership and conscious living, emphasis was laid to awaken the inner being and be equipped with wisdom and adaptability, much needed gear for Gen Alpha to thrive amidst the constantly evolving treacherous global landscape.



Lt. Gen S. Kulkarni
PVSM, AVSM, VSM**
Founder Member, BSAI

SESSION 2: AWAKENING THE INNER COMPASS THROUGH SPIRITUAL QUOTIENT

Conducted by Mr Srinivasan, it offered a deeply engaging and introspective exploration of happiness, self-realisation and purposeful living through a blend of humour, wisdom and practical life lessons. Emphasising that true happiness lies within the individual rather than in external objects or validation, the session highlighted the significance of Spiritual Quotient (SQ) alongside IQ and EQ in achieving inner peace and fulfilment. Through thought-provoking analogies, witty anecdotes and profound reflections on self-awareness, alongside the Pinegrove School Honour Code, participants were encouraged to simplify life, embrace acceptance and focus on inner peace and happiness rather than comparison or societal pressures. Stressing that there is no absolute success or failure, satisfaction lies in enjoying the journey and cherishing the little things in life, along with commitment, balance and goodness towards others. The session was an inspiration to cultivate inner beauty, strengthen intellect and lead lives rooted in purpose and gratitude.



Mr. Suresh Srinivasan
Trainer & Motivational
Speaker

SESSION 3: PRACTICAL TOOLS FOR GUIDING GEN ALPHA (ACTIVITY BASED)

Conducted by Ms. Mona Verma, it was an engaging and reflective session that explored the significance of the inner compass in shaping choices, relationships, perceptions and emotional well-being. Through interactive activities and relatable examples, the influence of peer groups, biases, assumptions, distractions and communication distortions on decision-making and personal growth were highlighted. Emphasising emotional intelligence, empathy and the importance of responding thoughtfully rather than reacting impulsively, the session encouraged participants to verify before forming opinions, avoid toxic influences and address challenges before they intensify. Insightful reflections on perception versus reality, interpersonal conflicts, stereotypes and the transformative power of conscious action encouraged participants to cultivate independent thinking and emotional resilience. It concluded with a reminder that true growth lies not merely in intention, but in consistent actions guided by wisdom, understanding and emotional maturity.



Ms. Mona Verma
Co-Founder DISHA
Organizational Skills &
Executive Presence
Coach

After the deeply insightful sessions, the delegates went for an outing to Kasauli.



DAY 3: Experiencing the Heritage and Ethos of a Distinguished Legacy Boarding School

As part of the seminar's immersive journey of learning, the final day featured a visit to one of the most prestigious legacy schools in the country, established in 1847, The Lawrence School, Sanawar. Graciously welcomed by **Madam Headmaster, Ms. Ruchi Pradhan Datta**, the delegates experienced an atmosphere of warmth, hospitality and genuine care that added a personal charm to the visit.



Ms. Dutta's constant involvement and gracious interactions throughout the programme beautifully reflected the spirit and values of the institution, making the delegates feel truly welcomed and valued.



The enriching visit provided the delegates with a valuable opportunity to explore the time-honoured traditions, ethos and functioning of Asia's oldest co-educational boarding school, established during the British era in India. The thoughtfully guided campus tour offered a deeper understanding of the institution's distinguished legacy, structured boarding life, holistic educational philosophy and the exceptionally high standards that continue to define its enduring reputation.



Immersed in the rich heritage and timeless culture of the school, the delegates experienced first-hand the values and environment that have shaped generations of learners for nearly two centuries.



Sincere appreciation and gratitude is extended to Madam Headmaster, Ms. Ruchi Pradhan Datta, the Staff and Students of The Lawrence School, Sanawar, for their warm hospitality and for graciously facilitating the visit and lunch.



The three-day BSAI Seminar on ‘Awakening the Inner Compass in Gen Alpha’ concluded on a truly special note, with each delegate departing considerably enriched by meaningful interactions, profound experiences and cherished memories.
